

Your Actual Needs are Small & The Pressure of Time (27m) – Episode 054

Episode 054 looks at two Stoic topics: the first from Seneca who wrote, “Nothing can satisfy greed, but even a small measure satisfies nature. So it is that the poverty of an exile brings no misfortune, for no place of exile is so barren as not to produce ample support for a person.”; and the second from r/Stoicism, a post by Ok_Intern_4405, which started, “I’m in my late twenties and I feel I am constantly pressuring myself to make good use of time, whether it is a conscious decision or not. I imagine a number of you could relate. Maybe it’s the rat race that has gotten into me, I’m not sure. But looking at the success of my peers, I can’t help but feel the need to not waste any second of my life.”

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